Body Image and Media Questionnaire

Gender
☐ Female  ☐ Male

How old are you?
☐ 13-16  ☐ 17-21

As a young woman/man, are you happy with your body image? Give reasons for your answer.
☐ Yes  ☐ No

If you could, what would you change about your appearance?

Do you think that being self-conscious has anything to do with the media influence? (e.g. magazines, advertisements, television, celebrities, etc) Give reasons for your answer.
☐ Yes  ☐ No

Have you ever followed a diet or are you doing so now?

If yes, who advised you?
☐ A Doctor  ☐ Friend  ☐ Personal Choice
☐ The media (internet, magazine, etc)
Do you compare yourself to female/male images from the media?

☐ Top models   ☐ Music performers   ☐ Actor/actress
☐ Advertisement models

Give examples.

Do you think that representation of young woman/man are a healthy image to follow? Give reasons for your answer.

☐ Yes   ☐ No

After reading a magazine or watching a programme which include beautiful models, how do you feel about yourself? Give reasons for your answer.

☐ Good   ☐ Indifferent   ☐ Frustrated
☐ Other

Do you think that the media’s representation of teenagers affects the positive self-esteem of young people? Give reasons for your answer.

☐ Yes   ☐ No

To what extent do you feel that happiness depends on physical appearance?

☐ Extremely   ☐ Partly   ☐ Not at all

Thank you very much for your time